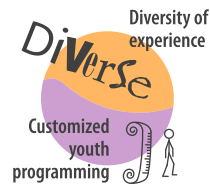




Programs that foster the development of autonomy, relatedness, and competence:



## 9. Ensure diversity of experience



Programs that best support youth development include breadth and depth of programming. Breadth (variety of participation) is more significant in some cases than frequency. Participation in multiple programs protects youth from the shortcomings of any individual program, providing more opportunities to increase autonomy, relatedness, and competence. Further, intentionally involving a diversity of perspectives and experiences within a program is a promising practice. When youth experience a new challenge or context that is different from their norm, they become more prepared for the transition to adulthood.

*Ensure diversity of experience* putting it into practice [checklist \[PDF\]](#)

## 10. Customize youth programming



Youth programming should be as broad as possible (macro), while addressing the unique needs of its population (micro). This balance is achieved by coordinating and collaborating with all program partners, including youth. Programs can effectively meet the unique needs of specific youth by engaging them in program planning and decision-making. Youth input into program and organizational decision-making increases autonomy, relatedness and competence. Youth input is also a unique contributor to successful development and positive outcomes.

*Customize youth programming* putting it into practice [checklist \[PDF\]](#)

[Back](#)[Next](#)

### Resources

[Ensure diversity of experience checklist \[PDF\]](#)

[Customize youth programming checklist \[PDF\]](#)

[Interventions chapter in Youth Who Thrive: A review of critical factors and effective practices for 12-25 year olds \[PDF\]](#)

